



NORTH DAKOTA
DEPARTMENT of HEALTH

NEWS RELEASE

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Healthy North Dakota Website Launched ***Connects people to information for healthy living where we live, learn, work and play***

BISMARCK, N.D. –To support North Dakotans in their efforts to make healthy choices, the *Healthy North Dakota* initiative has launched a new website that connects people with information to help them live well and avoid risky health behaviors.

“No matter your age or stage of life, it’s never too late to start making healthy lifestyle choices,” said *Healthy North Dakota* spokesperson Mikey Hoeven, First Lady of North Dakota. “The *Healthy North Dakota* website can connect you to information that will help you succeed.”

The new website connects people with information and resources about healthy lifestyles. The information focuses on all life stages, from infants and toddlers, through the growing years and adulthood, and into the senior years. In addition, people can find tips for healthy living where we live, learn, work and play.

The more than 400 individuals who participate in *Healthy North Dakota* coalitions, committees and focus areas also can access the system of tools on the website to help their group connect and communicate. Participation in *Healthy North Dakota* is open to anyone who is interested; information for anyone wishing to learn more about the initiative is available on the website.

Governor John Hoeven launched the *Healthy North Dakota* initiative in his 2002 State of the State address. The history of *Healthy North Dakota* and updates about current efforts are also available on the new website.

Visit the *Healthy North Dakota* website at www.healthynd.org

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